

# MEDICAL SERVICES IN MOSCOW

Western medical care in Moscow can be expensive, difficult to obtain, and not entirely comprehensive. Some facilities offer quality services, but many restrict services to normal business hours and/or to members or people willing to pay for services in advance. Acceptance of insurance in lieu of prepayment is rare. Most patients pay in cash and receive reimbursement from their insurance companies upon their return to the United States. State medical care is officially free of charge, but the quality of service ranges from unacceptable to merely uncomfortable. However, Russian doctors often demand payment for disposable needles, medications, and some services. There are no foreign run in-patient clinics in Moscow but rather space rented by them in regular Russia hospitals with improved conditions.

Medical evacuation to another country is an expensive option; the Embassy strongly urges all travelers who visit Russia to purchase traveler's medical insurance that includes coverage in the event that an evacuation is necessary.

The Embassy physician and medical staff are prohibited by law from treating individuals who are not Embassy employees. In the event of an emergency, the U.S. Embassy will try to assist in arranging medical care for U.S. citizens. For assistance during working hours, please call 728-5577. After 6:00 p.m., please call the Embassy duty officer at 728-5000.

***\*\*\*The U.S. Embassy, Moscow assumes no responsibility for the professional ability or reputation of the persons or medical facilities whose names appear on the following list. This information sheet was revised in November 2003 and is subject to change without notice. If you notice any inaccuracies, please inform the American Citizen Services Unit so that we can update this information.***

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## English speaking doctors, user-pays services

AMERICAN MEDICAL CENTER Ambulance	(495) 933-7700
AMERICAN HOSPITAL in MOSCOW Ambulance	(495) 933-7700
ATHENS MEDICAL CENTER Ambulance	(495) 143-2503
EUROPEAN MEDICAL CENTER Ambulance	(495) 933-6655
INTERNATIONAL SOS MEDICAL CLINIC Ambulance	(495) 937-6450 / 77
MEDEXPRESS Ambulance	(495) 401-0382

## Russian speaking only doctors, free services

MOSCOW CITY Ambulance	03
MOSCOW CITY PSYCHIATRIC Ambulance	(495) 925-3101
MOSCOW CITY CONTAGIOUS DISEASES Ambulance	(495) 208-9425

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## HOSPITALS and CLINICS

Foreign, and/or with foreign or foreign-trained staff, and/or foreign equipment

**THE AMERICAN CLINIC (Metro Prospekt Mira)**

31 Grokholskiy Pereulok

Tel: (495) 937-5757/74

Web: <http://en.americanclinic.ru>

**AMERICAN MEDICAL CENTER /AMERICAN HOSPITAL in MOSCOW (Metro Sukharevskaya or Prospekt Mira)**

*AMC is a membership organization. It will treat its members on a 24-hour per day basis. It will treat non-members in emergencies with prepayment. The following services are available: outpatient treatment, minor surgery, pharmacy, coordination of medical evacuations, dental. Direct insurance billing BUPA, PPP Alliance, Etna, ambulance, membership program available. Mon-Fri 08:30-20:00, Sat 09:00-17:00.*

1 Grokholskiy Per. / 26/6 Prospekt Mira

Tel: (495) 933-7700

Fax: (495) 933-7701

Web site: [www.amcenters.com](http://www.amcenters.com)

**ATHENS MEDICAL CENTER (EUROMEDICAL CLUB)/MICHURINSKY HOSPITAL (Metro Universitet)**

*In-patient and out-patient system. The hospital handles emergency cases and includes an intensive care unit.*

6 Michurinskiy Prospekt

Tel: (495) 143-2503 (emergency), (495) 143-2387, (495) 147-9322

Fax: (495) 147-9121

E-mail: [8112g23@g23.relcom.ru](mailto:8112g23@g23.relcom.ru)

**EUROPEAN MEDICAL CENTER (Metro Pushkinskaya)**

*American and European general practitioners, gynecology, ophthalmology, pediatrics, ENT, cardiology, psychiatry, dermatology, physical therapy. Vaccination programs. Emergency assistance 24 hours a day.*

*In-patient and out-patient services, surgery, comprehensive laboratory, diagnostics. Direct billing with major insurance companies.*

5 Spiridonievskiy Per., bldg. 1

Tel. (495) 933-6655

Fax (495) 933-6650

Web site [www.emcmos.ru](http://www.emcmos.ru)

E-mail [info@emcmos.ru](mailto:info@emcmos.ru)

**INTERNATIONAL SOS CLINIC (IMC) (Metro Prospekt Mira)**

*24 hour out-patient and emergency Western clinic, pediatrics, GYN, diagnostics, comprehensive laboratory and pharmacy.*

31 Grokholskiy Per. (10th floor)

Tel: (495) 937-5760

Fax: (495) 937-5977

Web : [www.internationalsos.com/countries/russia](http://www.internationalsos.com/countries/russia)

E-mail: [mow.marketing@internationalsos.com](mailto:mow.marketing@internationalsos.com)

**ITALIAN MEDICAL CENTER (Metro Smolenskaya)**

28/1 Arbat St.  
Tel./Fax: (495) 234-9026  
Web: [www.benessera.ru](http://www.benessera.ru)  
E-mail: [cmi@zmail.ru](mailto:cmi@zmail.ru)

**ОАО МЕДИЦИНА** (Metro Mayakovskaya)

*Russian doctors provide emergency services, clinic consultations, vaccinations*

10 2nd Tverskoy-Yamskoy Per.

Tel: (495) 250-9190, (495) 250-9900, (495)250-9186, (495)250-9900, (495)250-9903  
Fax: (495) 251-9180

**MEDLAB INTL** (Sportivnaya)

10-letiya Oktyabrya st., 9

Tel: 245-7020  
Fax: 245-7019  
E-Mail: [info@medlab-int.ru](mailto:info@medlab-int.ru)  
Web: [www.medlab-int.ru](http://www.medlab-int.ru)

**UNIMED LABORATORIES** (Metro Dobryninskaya)

4 4th Dobryninskiy Per.

Tel. (495) 785-1025  
FAX (495) 785-1034  
Web site [www.unimed.ipclub.ru](http://www.unimed.ipclub.ru)  
E-mail [unimed@elnet.msk.ru](mailto:unimed@elnet.msk.ru)

### Major Russian hospitals

**BOTKIN HOSPITAL** (Metro Dinamo)

*For emergencies and after hours. This is the main Moscow hospital where foreigners are treated. Well-equipped by Russian standards*

5 2nd Botkinskiy Proezd

Tel: (495) 237-8338 (info), (495) 945-7982 / 7533 (reception)

**FILATOVSKY CHILDREN'S HOSPITAL NO. 13** (Metro Mayakovskaya)

15 Sadovaya-Kudrinskaya

Tel: (495) 254-5292/ (495) 254-9129  
Fax: (495) 254-5292

**SKLIFASOVSKOGO HOSPITAL** (Metro Sukharevskaya)

3 Bolshaya Sukharevskaya Pl.

Tel: (495) 280-4154 / 9360

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### **DENTISTS**

**ADVENTIST HEALTH CENTER OF MOSCOW** (Metro Akadamicheskaya)

*Western dental clinic with the only on-site laboratory. Clinic offers a full range of dental services. Dentists, assistants and laboratory technicians include both Western and Russian licensed personnel, who are fully trained in Western dentistry and techniques. Mon-Th 09:00-17:00, Fri 9:00-13:00*

21a 60-Letiya Oktyabrya Prosp.

Tel: (495) 126-7906/ (495)126-7554

Fa: (495) 126-8767

E-mail: [advhlthl@online.ru](mailto:advhlthl@online.ru)

**AMC DENTAL** (Metro Prospect Mira and Sukharevskaya)

1 Grokholskiy Per.

Tel: (495) 933-3366

Fax: (495) 933-7701

Web: [www.amcenters.com](http://www.amcenters.com)

**AMERICAN DENTAL CENTER** (Metro Mayakovskaya)

1<sup>st</sup> Tverskaya-Yamskaya St., 5

Tel: 730-4334

Fax: 730-3471

E-mail: [info@americandental.ru](mailto:info@americandental.ru)

Web: [www.americandental.ru](http://www.americandental.ru)

**AMERICAN HOSPITAL in MOSCOW** (Metro Prospect Mira)

*Dental services, full range of out-patient services, 24-hour emergency service, direct insurance billing BUPA, PPP Alliance, Etna, ambulance, membership program available.*

1 Grokholsky Pereulok, Bldg 1

Tel: (495) 933-7700

Fax: (495) 933-7701

Web: [www.amcenters.com](http://www.amcenters.com)

E-mail: [amc.mrkt.co.ru](mailto:amc.mrkt.co.ru)

**AMERICAN RUSSIAN DENTAL CENTER** (Metro Barrikadnaya)

Sadovaya-Kudrinskaya St, 21a

Tel: 797-9759

E-mail: [americandental@co.ru](mailto:americandental@co.ru)

**EUROPEAN DENTAL CENTER** (Metro Smolenskaya)

*Dental care Full range of services, from cleanings and implantology to oral surgery, prosthesis and orthodontics. Dental laboratory.*

6 1<sup>st</sup> Nikoloschepovsky Per., bldg. 1.

Tel. (495) 933-0002, night emergency 933-6655

Fax. (495) 241-81-08

Web site [www.emcmos.ru](http://www.emcmos.ru)

E-mail [info@emcmos.ru](mailto:info@emcmos.ru)

**GERMAN DENTAL CARE (Metro Baumanskaya)**

2 Volochaevskaya St, Bldg 1

Tel: 737-4466

E-mail: [info@germandentalcenter.ru](mailto:info@germandentalcenter.ru)

Web: [www.germandentalcenter.ru](http://www.germandentalcenter.ru)

**INTERMED (Metro Prospekt Mira)**

*Dentists and staff trained in Germany. On-site services include orthodontics, crowns, and repairs.*

26 Durova St., Bldg. 1 and 6

Tel: (495) 928-5757 (office), (495) 284-7403 / 7690 (clinic)

Fax: (495) 913-7110

**INTERNATIONAL SOS MEDICAL CLINIC (Metro Prospekt Mira)**

31 Grokholskiy Per.

Tel: (495) 937-5760

Fax: (495) 937-5977

**ITALIAN MEDICAL CENTER (Metro Arbatskaya)**

28/1 Arbat St.

Tel./Fax: (495) 234-9026

E-mail: [cmi@zmail.ru](mailto:cmi@zmail.ru)

**MOSTA DENTAL CLINIC (Metro Oktyabrskaya)**

*General Practice Dentistry and Orthodontics. Dentist and staff are Japanese, but speak English. Appointments by phone from 9:30 till 18:00.*

2 Leninskiy Prp., Warsaw Hotel

Tel: (495) 238-9893

Fax: (495) 281-9764 attn: Mosta Clinic

E-mail: [nismow@dol.ru](mailto:nismow@dol.ru)

**U.S. DENTAL CARE (Metro Okhotny Ryad & Teatralnaya)**

*American Board-certified dentists and a hygienist permanently resident in Moscow. American and Russian bilingual staff. All forms of dentistry Mon-Thur 8:00-20:00, St 8:00-15:00*

7/5 Bolshaya Dmitrovka St., Bldg. 2

Tel: (495) 933-8686

Fax: (495) 933-8687

Web: [www.usdentalcare.com](http://www.usdentalcare.com)

E-mail: [info@usdentalcare.com](mailto:info@usdentalcare.com)

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**PHARMACIES**

*Medicine Availability Information Service (495) 927-0561*

**AMERICAN MEDICAL CENTER DRUG STORE (Metro Sukharevskaya or Prospekt Mira)**

1 Grokholskiy Per. / 26/6 Prospekt Mira

Tel: (495) 933-7705

Fax: (495) 933-7701

Web site: [www.amcenters.com](http://www.amcenters.com)

**APTEKA.RU**

9a Milashenkova Str.

Tel. (495) 976-8382/ (495) 210-0583/ (495) 210-5393

Web site [www.apteka.ru](http://www.apteka.ru)

E-mail [anna@apteka.ru](mailto:anna@apteka.ru)/[apteka@apteka.ru](mailto:apteka@apteka.ru)

**INTERNATIONAL PHARMACY ORGANIZATION**

*Equipped and licensed to deliver personal medications directly to local doctors' offices and patients' address (including hotels) within three working days. London bureau will need: faxed copy of valid prescription (US or local physician), delivery address and contact numbers, deadline involved, credit card details.*

85 Station Rd., Middlesex HA8 7JH, UNITED KINGDOM

Tel. 44 20 8381 1911

Fax 44 208 952 2063/44 208 951 4549/208 952 2995

Web site [www.theflyingpharmacy.com](http://www.theflyingpharmacy.com)

E-mail [ipo@aapi.co.uk](mailto:ipo@aapi.co.uk) , [pharmacist@theflyingpharmacy.com](mailto:pharmacist@theflyingpharmacy.com) ,  
[help@theflyingpharmacy.com](mailto:help@theflyingpharmacy.com)

**INTERNATIONAL SOS CLINIC (IMC) Drugstore**

31 Grokholskiy Pereulok, 10<sup>th</sup> Floor

Tel. (495) 937-5760

Fax (495) 937-5977

Web site [www.internationalsos.com/countries/russia](http://www.internationalsos.com/countries/russia)

E-mail [mow.marketing@internationalsos.com](mailto:mow.marketing@internationalsos.com)

**MEDINCENTRE DIPLOMATIC PERSONNEL UPDK Drugstore**

4 4<sup>th</sup> Dobryninskiy Per.

Tel. (495) 237-4034

FAX (495) 237-8475

**36.6**

Numerous locations around Moscow

Tel: (495) 797-6366

Phone: [info@oao366.ru](mailto:info@oao366.ru)

Web: [www.pharmacychain366.ru](http://www.pharmacychain366.ru)

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**OPTICIANS**

## **OCHKARIK**

Numerous locations around Moscow

Tel: (495) 231-1001

Web: [www.ochkarik.ru](http://www.ochkarik.ru)

## **INTEROPTIKA (Metro Profsoyuznaya)**

*German/Russian joint venture. Does on-site prescriptions and lens production. Very large selection of imported frames. Open everyday 10:00-20:00. Sun 10:00 - 19:00.*

63 Nahimovskiy Prosp.

Tel: (495) 128-5717, 120-5200

Fax: (495) 120-8016

Web : [www.english.interoptika.ru](http://www.english.interoptika.ru)

## **EUROPEAN MEDICAL CENTER (Metro Pushkinskaya)**

*Eye care ranging from eye exams to surgical treatment, including laser eye surgery (LASIK). 24 hour emergency.*

5 Spiridonievskiy Per., bldg. 1

Tel. (495 ) 933-6655

Fax (495) 933-6650

Web site [www.emcmos.ru](http://www.emcmos.ru)

E-mail [info@emcmos.ru](mailto:info@emcmos.ru)

## **LENSMASTER (Metro Teatralnaya)**

*Eye exams with same modern equipment as in the United States as well as a large selection of frames with similar prices to those in the states. Also have accessories for contact lenses. Accept credit cards, no appointments necessary. Open 10:00 - 20:30.*

19/1 Nikolskaya St. (plus numerous other locations around Moscow)

Tel: (495) 928-4009/3473

Web : [www.lensmaster.ru](http://www.lensmaster.ru)

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## **PSYCHOLOGISTS, PSYCHIATRISTS AND COUNSELORS**

### **EUROPEAN MEDICAL CENTER (Metro Pushkinskaya)**

*Psychiatrist, psychotherapist. Available on house calls.*

5 Spiridonievskiy Per., bldg. 1

Tel. (495 ) 933-6655

Fax (495) 933-6650

Web site [www.emcmos.ru](http://www.emcmos.ru)

E-mail [info@emcmos.ru](mailto:info@emcmos.ru)

### **DANNY ST. LOUIS, MSW, ACSW**

*Psychotherapist. Providing psychotherapy for all children, families, couples, and families*

*Providing Home Study Adoption Services for Americans & Europeans living Abroad Living Throughout Russia*

Tel.: 8-910-402-54-62 (c)

E-mail [dstlou@online.ru](mailto:dstlou@online.ru)

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## **MEDICAL EVACUATION FROM MOSCOW**

### **EUROP ASSISTANCE CIS**

4 Kozhevnychesky pereulok, bldg 7

Tel: 787-2178

Fax: 787-2177

E-mail: [info@europ-assistance.ru](mailto:info@europ-assistance.ru)

Web: [www.europ-assistance.ru](http://www.europ-assistance.ru)

### **GLOBAL VOYAGER ASSISTANCE**

Global Voyager Assistance

6 Prospekt Mira, Bldg 26

Tel: 775-0999

Fax: 775-0998

E-mail: [info@gva.ru](mailto:info@gva.ru)

Web: [www.gva.ru](http://www.gva.ru)

### **INTERNATIONAL SOS 24 HOUR ALARM CENTER (ASSIST 24)**

*Medical Evacuation & Ambulance Service. Travel safety advice & vaccinations.*

69 Mira Prosp. (3rd floor)

Tel: (495) 937-6450 / 77

Fax: (495) 937-6472

Web : [www.internationalsos.com/countries/russia](http://www.internationalsos.com/countries/russia)

E-mail: [mow.marketing@internationalsos.com](mailto:mow.marketing@internationalsos.com)

### **AIR AMBULANCE AMERICA**

Austin Municipal Airport

P.O. Box 4051, Austin TX 78765

Tel: (1) (512) 479-8000 (call collect)

Fax: (1) (512) 472-8810

Web: [www.airambulance.com](http://www.airambulance.com)

E-mail: [aaa@airambulance.com](mailto:aaa@airambulance.com)

### **MEDEVAC LTD. / JETFLITE AIR AMBULANCE FINLAND**

*Charges are in Finnish Marks. Works in coordination with Mehilainen Hospital in Helsinki.*

Runeberginkatu 47A, 00260 Helsinki, Finland

Tel: (358) (9) 431-4222 (24 hour tel.)

Fax: (358) (9) 431-4218

Web: [www.mehilainen.fi](http://www.mehilainen.fi)



### **NATIONAL AIR AMBULANCE**

Ft. Lauderdale/Hollywood International Airport

P.O. Box 22460 Ft. Lauderdale, Fl

Tel: 33335-1-800-327-3710 (toll free 24 hr.)

Tel: (1) (305) 949-6301 (Miami), (1) (305) 359-9900 (Ft. Lauderdale)

Fax: (1) (954) 359-9500

Web : [www.nationalairambulance.com](http://www.nationalairambulance.com)

E-mail: [inquiry@nationaljets.com](mailto:inquiry@nationaljets.com)

### **AIR AMBULANCE SPECIALISTS, INC.**

AASI Corporate Office/Centennial Airport

8001 South Interport Blvd., Ste. 250

Englewood, CO 80112

24 Hour Dispatch Center

Tel: (720) 875-9182

Fax: (720) 875-9183

Web: [www.AirAASI.com](http://www.AirAASI.com)

E-mail: [info@AirAASI.com](mailto:info@AirAASI.com)

### **AMERICAN CARE AIR AMBULANCE**

Member of AAMS (Association of Air Medical Services)

24 Hour Air-Evacuation Emergency Service

ICU, CCU, RN's & Paramedics

ALS Medical Equipment on all flights

8775 Aero Dr., Suite #120

San Diego, CA 92123

Tel: (858) 627-0515

Fax: (858) 627-0534

1 800-941-2582

Web: [www.americancareairambulance.com](http://www.americancareairambulance.com)

E-mail: [americancareair@aol.com](mailto:americancareair@aol.com)

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### **MOSCOW CITY INFO SERVICES**

Location Service for People in Moscow Hospitals

(495) 445-0102 / 0213 / 5766

Location Service for Moscow City and

Moscow Oblast Ambulances

(495) 207-9005

Car Accident Info Service for Moscow City and

Moscow Oblast

(495) 208-6413

### **COMPREHENSIVE LIST OF MEDICAL SERVICES IN RUSSIA**

available on the following web site: [www.adresok.ru](http://www.adresok.ru)

